

Education and Examination of Infants and Toddlers in RW06 Babakan Asih Urban Village Bandung City

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Abstract

The purpose of this activity is to plan community service activities to solve problems obtained based on situation analysis, and determination of problem priorities by providing health education to the community so that they always maintain health. The method used consists of preparation, implementation, and closing. Preparations are carried out with various activities, including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in August 2024. The implementation will be held on November 12, 2024, from 08.00 to 10.00 WIB at the RW 06 office of Babakan Asih Village, Bandung City. The implementation of community service activities regarding Health Education Education regarding nutrition in infants and toddlers as well as weight and height weighing, can be carried out well and smoothly and conductively. The results of the activity showed that public knowledge about the meaning of nutrition in infants and toddlers increased and no infants and toddlers experienced malnutrition. This community service activity is expected to bring real benefits to the people of Babakan Asih Village, Bandung City and become an inspiration for similar efforts in various regions.

A. Introduction

The success of national development is determined by the availability of quality human resources (HR) characterized by a strong physique (Harrington, 2018; Labola, 2013). One of the current national development priorities is to improve the health status of the Indonesian people with the main indicator being the infant mortality rate (AKB) or Infant Mortality Rate (IMR) (Marizal & Monalisa, 2022; Palupi & Rizki, 2020). One of the components related to AKB is the nutritional condition of infants. One of the important steps for improving infant nutrition is the provision of quality and optimal first feeding (Emmaria et al., 2024). The first and quality food in question is exclusively breastfeeding which is an important factor in babies, especially early breastfeeding (colostrum) because it is rich in antibodies that have an effect on reducing the risk of death (Gargamo, 2020; Mannan et al., 2023).

Long-term malnutrition can affect the growth of toddlers, impaired immune systems, and the risk of developing infectious diseases increases as well as the risk of death in toddlers (Alflah & Alrashidi, 2023). Efforts to overcome undernutrition require an approach from various aspects of life (Rosdy & Sabri, 2022; Yazdanpanah et al., 2022). Prevention and control of poor nutrition is not enough to improve the food aspect alone, but also the living environment of toddlers such as parenting, the availability of clean water, and environmental health (Chandrakar, 2024). The prevalence of malnutrition in Indonesia based on Riskesdas 2021 reached 13.9% and increased by 0.9% compared to 2020, which was 13% (Emmaria et al., 2024).

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Monitoring physical growth that is often carried out is through anthropometric measurements (Melkamu et al., 2019; Oliveira et al., 2023), anthropometric standards are used to monitor and assess the nutritional status of infants and children by measuring the height and weight of children by differentiating between boys and girls by measuring weight for age (BB/U), height for age (TB/U), head circumference for age (LK/U) and upper arm circumference for age (LLA/U). Malnutrition in children is a major public health problem worldwide. It is estimated that 144 million children under the age of 5 are stunted, 47 million are underweight and 38.3 million are overweight or obese. About 45% of deaths in children under 5 years of age are related to malnutrition (Sinaga et al., 2023).

Babakan Asih is one of the villages in Bojongloa Kaler District, Bandung City, West Java., with a population of 14,368 people as of September 2022, consisting of 7,616 men and 6748 women. The number of heads of families in Babakan Asih Village currently reaches around 4,392 families, based on population data from the population report of Babakan Asih Village in 2022 which is seen in terms of population density of around 598 people per hectare and judging from population growth, the population intensity will continue to increase from time to time. Currently, Babakan Asih Village, especially in the RW 6 Region (RT 13, RT 10, RT 08) is facing significant health challenges, especially in the treatment of Hypertension and the health of toddlers. Based on data from Basic Health Research 2023, the prevalence of hypertension in West Java reached 34.1% with the city of Bandung having the highest figure of 36.3%, while monitoring the health of toddlers is crucial considering that the first 1000 days of life are a golden period that determines the quality of human resources in the future. Based on the above problems, community service activities are carried out to provide health education to the community always to maintain health.

B. Methods

The implementation of activities that have been carried out in accordance with the planned time, namely activities will be carried out in October - December 2024 which consists of preparation, implementation and closing. Preparations are carried out with various activities, including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in August 2024. The implementation will be held on November 12, 2024, from 08.00 to 10.00 WIB at the RW 06 office of Babakan Asih Village, Bandung City. Preparation activities for counseling and extension activities through delivery. material on Nutrition in Infants and Toddlers and TB Examination, BB weighing. The closing activity was carried out by preparing a report. The purpose and purpose of this activity is to plan community service activities to solve problems obtained based on situation analysis of the priority of problems obtained by providing health education to the community so that they always maintain their health. The number of targets for this community service activity is 45 people, consisting of: women who have babies and toddlers, health cadres, village governments and related agencies, and community leaders.

C. Result and Discussion

In the Posyandu activity, the data of Toddlers and toddlers are as follows

Table 1. Anthropometric Examination of Toddlers and Toddlers in RW 06 Babakan Asih Village

No	Name	Age	BB	TB	M	TB^2	Lila	Lk	IMT	Interpretation
1	f	39	11,5	89	0,89	0,7921	12	46	14,51836889	N
2	R	46	13	94	0,94	0,8836	12	46	14,71253961	N
3	S	5	5,7	63	0,63	0,3969	10	35	14,36130008	N
4	A	55	14,7	103	1,03	1,0609	13	47	13,85615986	N
5	R	24	10,3	80,4	0,804	0,646416	12,5	45	15,93401153	N
6	A	30	10,2	85,5	0,855	0,731025	10	43,5	13,95301118	K
7	N	17	10	79,2	0,792	0,627264	42	11	15,94225079	N
8	K	4	6,3	64	0,64	0,4096	37	10,5	15,38085938	N
9	S	59	16,1	111	1,11	1,2321	13	45	13,06712118	K
10	N	24	10,7	84	0,84	0,7056	11	44,5	15,16439909	N

No	Name	Age	BB	TB	M	TB ²	Lila	Lk	IMT	Interpretation
11	M	5	6,8	67,5	0,675	0,455625	11	37,5	14,92455418	N
12	F	42	13,7	97	0,97	0,9409	12,5	47	14,56052715	N
13	M	11	8,4	78	0,78	0,6084	12	42	13,80670611	K
14	A	5	8	67,5	0,675	0,455625	12	40	17,55829904	N
15	R	18	8,9	75,2	0,752	0,565504	12	42,5	15,73817338	N
16	E	57	14,2	103	1,03	1,0609	13	47	13,38486191	K
17	A	12	7,9	69	0,69	0,4761	10	40	16,5931527	N
18	M	56	13,7	100	1	1	11	47	13,7	K
19	H	42	12,5	95	0,95	0,9025	11,5	44	13,85041551	K
20	K	9	7,3	69	0,69	0,4761	11	41	15,33291325	N
21	A	36	12,5	93	0,93	0,8649	11	55	14,45253787	N
22	A	39	16,3	95,3	0,953	0,908209	14	46	17,94741078	N
23	K	50	11,6	92,7	0,927	0,859329	14	44	13,49890438	K
24	N	50	11,7	96	0,96	0,9216	14	43	12,6953125	K
25	N	29	13	90,5	0,905	0,819025	43	14	15,87253136	N
26	N	1	5	57	0,57	0,3249	10	30	15,38935057	N
27	Q	20	10,9	78	0,78	0,6084	12	43	17,91584484	N
28	A	55	16,5	104	1,04	1,0816	13,5	49,5	15,25517751	N
29	R	54	15,4	103,5	1,035	1,071225	12,5	45,5	14,37606479	N
30	M	22	9	75,5	0,755	0,570025	11	43,5	15,78878119	N
31	A	40	14,4	94	0,94	0,8836	13	45,5	16,29696695	N
32	A	54	23,8	114,3	1,143	1,306449	17,5	49	18,21732039	N
33	R	40	16,1	96,5	0,965	0,931225	15	47,5	17,28905474	N
34	M	54	13,6	100,5	1,005	1,010025	12	46	13,46501324	K
35	R	28	12	97	0,97	0,9409	12	43,5	12,75374641	K
36	A	43	17,1	100	1	1	14	45	17,1	N
37	A	47	16,8	101	1,01	1,0201	13,5	45	16,46897363	N
38	R	31	11,6	87,4	0,874	0,763876	11	47,5	15,18571077	N
39	R	9	8,3	77	0,77	0,5929	11	41,5	13,99898802	N
40	A	60	20,1	108,8	1,088	1,183744	17	46	16,98002271	N
41	A	34	10,4	84	0,84	0,7056	11	44,5	14,73922902	N
42	F	24	12,8	82	0,82	0,6724	15	45	19,03628792	N
43	N	54	11,4	92	0,92	0,8464	11	44	13,46880907	K

Based on table 6 of anthropometric examinations of the nutritional status of toddlers and toddlers in RW 06 Babakan Asih Village, Bandung, the results were obtained from a total of 43 people, 32 children, namely 74% of toddlers / toddlers have normal nutritional status and as many as 11 children, namely 25% have poor nutritional status.



Figure 1. Activity Documentation

Health education about the importance of examinations for babies and toddlers in Babangan Asih Village, Bandung City is a strategy to improve the health of babies and toddlers. An in-depth understanding of what examinations are for babies and toddlers, when to carry out examinations and the importance of examinations for babies and toddlers is the topic of this outreach where mothers of babies and toddlers are a very important target group in increasing awareness about the importance of examinations for babies and toddlers. Apart from providing counseling, this activity allows for discussions and questions and answers to increase mothers' understanding. It is strongly emphasized that mothers must actively participate in these activities. By involving mothers directly, it is hoped that health information about the importance of examinations for babies and toddlers can be more easily accepted and implemented. Health education about the importance of examinations for babies and toddlers is an effort to improve the health of babies and toddlers. This activity includes health education regarding the importance of examinations and appropriate stages. The media and tools used are PPT, leaflets and examination tools for babies and toddlers.

This shows that there is an influence of health education on the level of knowledge (Nurhikmah et al., 2021). Knowledge is a guide in shaping one's actions. Based on experience, it was found that behavior that is based on knowledge is more lasting than behavior that is not based on knowledge. Based on the results of community service, it was found that the community, especially mothers who have babies and toddlers, already understand the material presented. This can be seen from the participants' ability to answer questions after counseling. From the assessment

It can be seen that from the results of the health education delivered to the mother, it can be understood, understood, the mother knows, and will carry out healthy behavior. Although based on the assessment, the ability to explain the material from some participants was good. It is hoped that all participants can apply it.

In accordance with the aim of health education to change behavior to be healthy. Therefore, the role of health workers and cadres is also highly expected in changing healthy behavior among mothers of babies and toddlers, especially regarding the importance of examinations for babies and toddlers as an effort to improve health. Some reasons why babies do not get a complete examination are due to information, motivation and situations. The reasons for the information include the mother's lack of knowledge about the need, completeness and schedule for examinations, fear of examinations and the existence of wrong perceptions circulating in the community regarding examinations. Motivational reasons include delays in examinations, lack of confidence about the benefits of examinations and the existence of bad rumors about

examinations. The reasons for the situation include the immunization service being too far away, the examination schedule being inappropriate, the absence of parents who are too busy, problems with the family, sick children, waiting too long and costs that are unaffordable. However, the most influential thing is because the child is sick, the mother's ignorance of the importance of the examination, ignorance of the right time to get the next examination and fear of the side effects of the examination. This data shows that knowledge plays an important role in providing examinations to babies. One strategy to achieve behavior change is providing information to increase knowledge so as to raise awareness and can be done by providing health education. Knowledge or Cognition is a very important domain in forming actions. From experience and research it has been proven that behavior based on knowledge will be more lasting than behavior based on knowledge.

The health of children under five is an important indicator in determining the quality of a country's health. During the toddler years, physical growth and cognitive development are very rapid, so greater attention is needed so that children can grow optimally. One way to support toddlers' health is with routine health checks which can detect early various health problems that may arise at that stage of development. Timely health checks can prevent the emergence of diseases and growth disorders that often occur in toddlers, such as stunting, malnutrition, and infections. Improving the health of children under five through routine examinations and education on balanced nutrition is an important step in supporting children's optimal growth and development. Toddlers are an age group that is vulnerable to nutritional disorders, and balanced nutritional intake plays an important role in their physical and cognitive development as well as increasing immunity to prevent disease (Widowati et al., 2021).

In Indonesia, even though there have been efforts to check the health of toddlers through Posyandu (Integrated Service Posts), there are still many parents who are not aware of the importance of these routine checks. Several factors that influence this low awareness include lack of information, limited time, and distance to access to health facilities. As a result, many toddlers do not receive regular health checks, which can have a negative impact on their physical and mental development. Balanced nutrition education aims to increase parents' knowledge about the importance of proper nutrition for toddlers. This knowledge helps parents in preparing a balanced menu and preventing malnutrition which can affect children's development into adulthood. Studies show that health education can increase parents' knowledge and behavior in implementing balanced nutrition for toddlers (Widowati et al., 2021).

Routine examinations, such as measuring height and weight, are important to monitor the nutritional status of toddlers. This examination helps in early detection of nutritional problems such as stunting and obesity, so that intervention can be carried out earlier. Through regular check-ups, parents can better understand their children's health conditions and take the necessary steps to improve their nutritional status (Harini et al., 2024).

Various interventions, such as education programs and health checks, have been proven effective in improving toddlers' eating behavior and parents' knowledge about nutrition. For example, intervention programs involving physical activity and nutrition education show significant improvements in toddlers' eating behavior (Cepni et al., 2021). In addition, increasing parents' knowledge about balanced nutrition can be an important first step in changing behavior and preventing obesity in children (LoRe et al., 2019).

D. Conclusion

Community service activities carried out in the form of counseling, screening and examination of toddlers with the theme: "Hypertension Control and Health Monitoring of Toddlers" carried out at Posyandu and Posbindu at Al-Itihad Mosque, RW 6 Babakan Asih Village, Bojongloa Kaler District, Bandung can be carried out well.

The expected output can be achieved well where there is an increase in knowledge and activeness from community service activities to conduct inspections at the Posyandu. For Babakan Asih RW 06 Bandung City Village, it is hoped to be able to understand the importance of infant and toddler health for the growth and development of children both physically, psychologically and mentally, holding village activities about health, especially activities in reducing stunting and disability rates in infants and toddlers. Together in the Tanjung Merpati Village area to get healthy residents. Immanuel Health Institute It is hoped that the institution can develop community service activities in other villages.

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